

Full Report (All Nutrients) 09133, Grapes, canned, thompson seedless, water pack, solids and liquids

Report Date: June 30, 2017 11:01 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g
Proximates					
Water	g	88.84	--	--	217.66
Energy	kcal	40	--	--	98
Energy	kJ	167	--	--	409
Protein	g	0.50	--	--	1.23
Total lipid (fat)	g	0.11	--	--	0.27
Ash	g	0.25	--	--	0.61
Carbohydrate, by difference	g	10.30	--	--	25.23
Fiber, total dietary	g	0.6	--	--	1.5
Sugars, total	g	9.70	--	--	23.77
Minerals					
Calcium, Ca	mg	10	--	--	24
Iron, Fe	mg	0.98	--	--	2.40
Magnesium, Mg	mg	6	--	--	15
Phosphorus, P	mg	18	--	--	44
Potassium, K	mg	107	--	--	262
Sodium, Na	mg	6	--	--	15
Zinc, Zn	mg	0.05	--	--	0.12
Copper, Cu	mg	0.056	--	--	0.137
Manganese, Mn	mg	0.039	--	--	0.096
Selenium, Se	µg	0.1	--	--	0.2
Vitamins					
Vitamin C, total ascorbic acid	mg	1.0	--	--	2.5

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g
Thiamin	mg	0.031	--	--	0.076
Riboflavin	mg	0.023	--	--	0.056
Niacin	mg	0.130	--	--	0.319
Pantothenic acid	mg	0.041	--	--	0.100
Vitamin B-6	mg	0.065	--	--	0.159
Folate, total	µg	3	--	--	7
Folic acid	µg	0	--	--	0
Folate, food	µg	3	--	--	7
Folate, DFE	µg	3	--	--	7
Choline, total	mg	3.8	--	--	9.3
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	2	--	--	5
Retinol	µg	0	--	--	0
Carotene, beta	µg	26	--	--	64
Carotene, alpha	µg	1	--	--	2
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	45	--	--	110
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	48	--	--	118
Vitamin E (alpha-tocopherol)	mg	0.13	--	--	0.32
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	9.8	--	--	24.0
Lipids					
Fatty acids, total saturated	g	0.035	--	--	0.086
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.001	--	--	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g
16:0	g	0.030	--	--	0.073
18:0	g	0.004	--	--	0.010
Fatty acids, total monounsaturated	g	0.004	--	--	0.010
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.004	--	--	0.010
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.031	--	--	0.076
18:2 undifferentiated	g	0.024	--	--	0.059
18:3 undifferentiated	g	0.007	--	--	0.017
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.002	--	--	0.005
Threonine	g	0.014	--	--	0.034
Isoleucine	g	0.004	--	--	0.010
Leucine	g	0.010	--	--	0.025
Lysine	g	0.011	--	--	0.027
Methionine	g	0.017	--	--	0.042
Cystine	g	0.008	--	--	0.020
Phenylalanine	g	0.010	--	--	0.025
Tyrosine	g	0.009	--	--	0.022
Valine	g	0.014	--	--	0.034
Arginine	g	0.037	--	--	0.091
Histidine	g	0.018	--	--	0.044
Alanine	g	0.021	--	--	0.051
Aspartic acid	g	0.061	--	--	0.149
Glutamic acid	g	0.104	--	--	0.255

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g
Glycine	g	0.015	--	--	0.037
Proline	g	0.017	--	--	0.042
Serine	g	0.024	--	--	0.059
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0